



PUMPKIN, SPINACH & CHICKPEA SOUP

vegan + gluten free

Ingredients

- 1 small pumpkin to have 900g [2 pounds] of flesh
- 200g spinach leaves [7 oz]
- 400g can chickpeas [14oz]
- 2 medium onion (finely chopped)
- 2 large garlic cloves (crushed)
- 1 litre vegetable stock [1.75 pints / US 4 cups]
- 400ml can of light coconut milk [14 fl oz]
- 1 tsp ground cumin

- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp freshly grated nutmeg
- 1/2 to 1 tsp ground chilli (according to taste)
- juice of 2 limes
- olive oil
- salt & pepper
- handful of toasted almond flakes to serve.

Instructions

1. Heat some olive oil in a large saucepan.
2. Gently fry garlic and onion with cumin, nutmeg, ginger, chilli and cinnamon until soft.
3. Add pumpkin cut in 2cm dice.
4. Cover with vegetable stock. Bring to boil, then simmer for around 20 mins until pumpkin is soft.
5. Liquidise the soup.
6. Add spinach and coconut milk to the soup. Simmer the soup again until the spinach is cooked (around 2 minutes). Add chickpeas.
7. Season with lime juice, salt and pepper.
8. Serve with toasted almond flakes.



Servings : 6